

Are you in a crisis? Call [800-273-8255](tel:800-273-8255) or text [TALK](sms:TALK) to 741741.



Whether you have struggled with suicide yourself or have lost a loved one, know you are not alone. Hear about personal experiences from people in your local community whose lives have been impacted by suicide.

[View all stories](#)

Want to walk with us?
[Find a walk near you](#)

Talk with your kids about mental health and going back to school

I want to discover ways to process the loss of a loved one

Find support for yourself or those who may be at risk for suicide

[Learn more](#)

I want to understand how to help someone at risk

Here's how to talk to someone who may be struggling with their mental health

[Learn more](#)

I want to make a difference in someone's life

Learn how to take action in the fight to stop suicide

[Learn more](#)

Connection makes a difference

Find a chapter

Local chapters near 95501

Greater San Francisco Bay
Area

Oregon

Learn the latest statistics on suicide

[Learn more](#)

Walk to fight
suicide

[Find a walk](#)



AFSP national events

Elevating Voices for Long-Lasting Change: An AFSP Virtual Town Hall Series Addressing MH and SP in BIPOC Communities, Part 1

[Watch the town hall](#)

**Elevating V
Lasting Cha
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Addressing
BIPOC Corr**

[Watch the town](#)

Featured resources

Practical information for immediately after a loss

The immediate aftermath of a loved one's suicide is a challenging, confusing, and painful time. The information below will help get you through the first few days with a better understanding of the things you're likely to face.

[Learn more](#)

I've lost someone

You are not alone. Suicide affects millions each year, and thanks to our donors and volunteers—many of whom are loss survivors themselves—we can provide these resources to help you heal.

[Learn more](#)

Get help

Find support for yourself or those who may be at risk for suicide

[Learn more](#)

Share your story

Learn how to safely share your personal experience with suicide and mental health.

[Learn how](#)



Sign up for email alerts

Receive updates from the American Foundation for Suicide Prevention

Type your email here...

Are you in a crisis?

Please call the [National Suicide Prevention Lifeline](tel:800-273-8255) at 800-273-8255.

Or contact the [Crisis Text Line](sms:741741) by texting TALK to 741741.

About AFSP

Get Help

Make a Difference

Local Chapters

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